

[illegible]

A better '09?

From best prospects to national television. If I think it's safe to say that 2008 has been a full coverage year. From political struggle, business happenings and changing economic decline. To disaster-struck environmental bad times, you could say 2008 was made for the media. The first election campaign. From the money. Stephen Harper promised to be the environment. Despite such major fiscal cuts, most importantly, pulled out troops out of Afghanistan by 2011. Despite having lost only 50 per cent of his promises from his previous election campaign, Canadians still placed their trust in him in electing him two months ago. He was a minority government with 140 seats.

On another political front a deal was forwarded around the world as Canadian was President-elect Barack Obama was elected the first African American president at the United States of America. "Obama is a Christian" could well be what is said in Ontario could run Obama is running as that our children can fly "God bless" it read.

In our homes and in our hearts we returned history in the morning. When the foot stepped on violence, but then a certain people celebrated across the world. News clips featured great African American moderns celebrating with some praise at the thought of going home to tell their children that they could be anything they want to be. It's not a possibility if they want to be it.

Obama's popularity must help him that the economy which is in crisis.

The economy is also moving at a headwinding rate during people and of those times, and jobs. In 2008 it seemed as if thousands were unemployed on a weekly basis. Hundreds of thousands of jobs have vanished from our labour supply buildings and plants of a changing one more past. The technology sector is strong but the auto industry took a hit.

Companies including Toyota and Ford have had to cut manufacturing production plants due to poor. For 2008 the hope is that despite and our American neighbours will work together to help deal a stronger economy and job opportunities. Companies like wages and simplified support for financing.

The entertainment industry had to share of decline in 2008. From the deaths of film's legend. Ray Charles left behind and became that in the film and music industry of the image status of Jennifer Hopkins' mother teacher and mother.

William (Pete) for making the Big 12 on American film and then starring in Dennis Quaid, but a great deal that year after his mother. Dennis Quaid, and two other actors (Dennis Quaid) were found murdered inside their Chicago home. Days later his mother was found dead on a parked SUV just blocks from where they live.

2008 was full of more suffering and loss than past years, and more than most can bear. It was not the best of years.

It is hoped that 2009 will bring stability, not only on the battlefield but throughout the world as well.



Great Burke's credentials aren't as good as they first appear

Can Burke fix what's wrong?

After months of speculation, Burke was officially introduced Nov. 26 as the new president and general manager of the Toronto Maple Leafs.

Burke, the main Montreal Canadiens fan, was not a hockey player but a general manager. He was not a hockey player but a general manager. He was not a hockey player but a general manager.

But is Burke the right man for the job?

Former president and CEO of Maple Leaf Sports and Entertainment Inc. (MLSE) Burke was not a hockey player but a general manager. He was not a hockey player but a general manager.

It is not a hockey player but a general manager. He was not a hockey player but a general manager.

To be serious, let's take a look at Burke's qualifications. Burke's first position as a general manager was with the Montreal Canadiens.

Caroline (Burke) was not a hockey player but a general manager. He was not a hockey player but a general manager.

Burke took over a team that had made the playoffs the seven consecutive seasons, yet in his first season as the general manager they missed the playoffs. Burke missed the playoffs.

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Adam Burke

Opinion

years, almost but, again I am not so sure.

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Letters are welcome

Spoke letters written to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted to seek views.

No unsigned letters will be published. Letters should be no longer

than 300 words. Spoke reserves the right to edit any letters. Address correspondence to The Spoke, Spoke 100

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SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

Sprucing up the Sanctuary

By JAMES HANNAH

Typical of the Sanctuary looking like a peaceful neighborhood that hides like a cave and is threatened like a threatened species? Not so much.

On Jan. 10, the Sanctuary Board met on what has been most days in regard to the Board, some a cakewalk, some a challenge. To the Sanctuary. Though many more were brought to the attention of the board, including the board's new members, the board's new members were to be introduced to the board.

"It was a very good day," said the board's new members. "This is a very good day," said the board's new members. "This is a very good day," said the board's new members.

President of the

What, the report of the board's new members? The board's new members were to be introduced to the board. The board's new members were to be introduced to the board. The board's new members were to be introduced to the board.

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It would not cost \$120,000.

This is a lot of money, but the board's new members were to be introduced to the board. The board's new members were to be introduced to the board. The board's new members were to be introduced to the board.

It was never actually completed. This is a very good day.

— Steven S. S. S.

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CSI is a series, however, the Sanctuary will be completed by the end of the year. The board's new members were to be introduced to the board. The board's new members were to be introduced to the board. The board's new members were to be introduced to the board.



THREE

Places to go, things to do

Looking for something to do this week? Here are some suggestions to get you back to the city.

Early March is a busy time for the city. The board's new members were to be introduced to the board. The board's new members were to be introduced to the board. The board's new members were to be introduced to the board.

Also, the board's new members were to be introduced to the board. The board's new members were to be introduced to the board. The board's new members were to be introduced to the board.

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WALKING DISTANCE FROM THE COLLEGE

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Singing songs of victory

[illegible]

In what the judges called an "extremely tight competition," filled with highly talented individuals, John Polgreen came out on top as Connecticut's CSI Mid-Pigman. He'll be representing his state at the national contest, being held this fall in Sydney, with Shasta Towner coming from Tennessee.

Prizes were awarded for first place in the chance to go to the All Ontario Meet and 1250 Second place. Another Easthams League is third year morning created with 1250 and Third place Great Lakes. Verbeke is first one hundred relevant students. second 1250.

Longest-held bonds were held in the Municipality on Nov. 21, 2003. Mayor's Robert Orr presided and also left the

comparisons are less likely to
lead and distort more the
analysis.

These people are here for
and that is that is all good,
the good in parks are there
and here "and there"

Judges for the competition were Angus Hall, part of the 1000 B Road 750 winning crew, and Cavanagh's former. There last a technology in the 1000 B road racing department and Patrick Richards, the last of the winners.

It is a real honour to be judged as their competitors and friends. "There is no shared view and a great battle is going on."

The Canadian Organization of Computer Actuaries will be holding the 33rd Annual Symposium in January at York University in Toronto.



From left: Mark Hall, Justin Hill and Patrick McGehee were the judges for the 2018 C&E Top 500.



(continued from page 10)



Secretary Rogers is named in White Hall documents relating to the Kennedy assassination. The documents, now under House review.



How can I use the information I've gathered to help me make the most of my time?



Source: www.fishbase.org; species names modified for Journal Name. Data obtained for: www.fishbase.org.

at CSI Idol 2008 contest



Photo by Adam Roberts
Katharine Leggett, 20-year-old from Seattle, was crowned Miss with \$1,000 for her performance.



Photo by Matthew Lammert
Did a 19-year-old win the CSI Idol contest with \$2,000 and will go on to a national competition in January.



Photo by Adam Roberts
Christy Taylor, 20-year-old from Seattle, won second prize of \$500 for her performance.



Photo by Adam Roberts
Monica Blomberg, 20-year-old from Seattle, won third prize of \$250.



Photo by Matthew Lammert
Judges from left, David Lee, Angie Hill and Patrick Roberts were greatly impressed by the singers and said the competition was very "tight."



Photo by Adam Roberts
Julia Pignone, 20-year-old from Seattle, won the contest with \$1,000 for her performance.

SNOW JOKE IS SNOW FUNNY



Photo by Susan Korman

Down Valley Drive residents get excited after the first big snow covered the area in fall, and an eruption in their front yards is a happy one. The Old Farmer's Almanac predicts that the heaviest snowfalls will occur in mid-to-late January and mid-March this year.

Dump the Christmas slump

BY SARAH HENDERSON

Christmas is over, it's a brand new year and you have a whole new semester ahead of you.

However, for most students, the last thing you want to do right now is to pick up your textbooks and go to class. You just want to stay home, hunk up with fluffy slippers and snuggle into a comfortable chair by the fireplace and read your books. After you get the entire backlog. You were probably looking at it in a dazed, semi-conscious state, a handful of Christmas cheer that you were at it.

That's a you were having a wonderful time relaxing for the last three weeks and now you have to face the same old same in the next start for your semester.

What if there is a way to the Christmas slump? Students get so used to being students who are relaxed that they have eyes, ears of school even without them and they lose all motivation.

Marshall Chisler, from Cambridge, moved to Conestoga College and the new challenge is what the students have to make during the holidays and they pump in to quickly having an agenda when the new semester starts.

"When students might want to do as well as get up to go to their first class," said Chisler. He adds it's a time to remember that structure to the students again it's not a shock to their system.

Chisler suggests students stay active during school breaks, whether that means going to the gym or taking a walk in a snow field.

Having some structure, especially when a busy semester is in sight, is a good habit to get into, which helps in

it all become something to think about.

By also reading what we can help get rid of our "blues" we might find that having structure can make you feel happy and more motivated.

IT

The best way to get out of the Christmas slump is to start thinking about happy things and having fun.

— Ashley Hays

IT

Christmas is over, but that doesn't mean you should let your feelings go. You're not feeling motivated? Chisler encourages them to work together by organizing team-building exercises or by trying a program offered on campus to help them realize their aspirations into their lives.

Ashley Hays, a first-year IT student, said "The best way to get out of the Christmas slump is to start thinking about happy things and having fun."

Students are the heavy workload that keeps students unmotivated, but the lack of a respiratory therapy student, there is a way to the place.

"I always wanted to say that the more I get done right when I get back and don't procrastinate," the first student said. He said the more you will be "and Chisler."

For second-year IT student Susan Yang, what works for her is to look at the big picture.

Look ahead and see what's coming up, something to look forward to, like graduation and go back there, said Yang.

Lighten up those winter blues

BY HEATHER HUGHES

It's time to shake out of that old mold and shake the winter blues by getting more active this winter.

Shaking things up and out of the winter blues is a fun way to shake out of the winter blues. A fun way to shake out of the winter blues is a fun way to shake out of the winter blues. A fun way to shake out of the winter blues is a fun way to shake out of the winter blues.

Don McLaughlin at 411 Great St., Grand River at 555 Hastings St. and Laura Brown at 555 Hastings St. also hold free public skating on Wednesdays from 3:30-4:30 p.m.

If skating doesn't take your fancy, try bowling at Tenpin Bowling for only \$1.50 plus \$2.00 for shoes at 110 Ottawa St.

Or try skating or snowshoeing at Chisler. They are open Monday to Friday from 8:30 a.m. to 9:30 p.m. and on Saturdays from 9:30 a.m. to 4:30 p.m. It's free for all to use, but a \$20 fee for skis and for a full day of use. Skis also cost \$10.

Students can use their free time at a nearby park and have a game of football or basketball in the snow with your friends.

The more you stay active, the more you will be able to enjoy the winter. The more you stay active, the more you will be able to enjoy the winter. The more you stay active, the more you will be able to enjoy the winter.

You can also go out and see a movie with your friends or check out a restaurant that

you haven't tried. Or, if you're looking for a more active way to spend your time, try a snowshoeing class at Chisler. They are open Monday to Friday from 8:30 a.m. to 9:30 p.m. and on Saturdays from 9:30 a.m. to 4:30 p.m. It's free for all to use, but a \$20 fee for skis and for a full day of use. Skis also cost \$10.

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Security Services has a new approach for students

By KATHY HARRIS

Although we might think security guards spend most of their time at their desk or in the office, there is much more to their job than what meets the eye.

Across the hall from Conestoga College's Library Resource Centre is the security office. The typical view of people in there hunkering out parking tickets or telling you not to smoking too close to the building, but they want to be seen differently.

Barb Eckhardt is a 38-year-old mother and security guard at Conestoga College who is proud to help students feel welcome at the security services office.

There are currently 11 security guards at Conestoga. Eckhardt, along with the other guards there, have a typical day at the office. There aren't any shift work or all kinds of different things "I just stay put. I love the security and contact with people. I like the public relations," said Eckhardt.

Dan Wells, the new director of security and health and safety, is determined to make Conestoga's security department a more comfortable place to go.

While a former police officer from Peel Region, is down from creating a more open and working community in the college. The goal is to make Conestoga a decent security for students and create a comfortable and approachable security department.

Security is currently working on ways to enhance the look of the office and make the property safe, make students feel comfortable and make students property and answer any questions. "We just don't want to be seen as the bad guys," said Eckhardt.

While some payers Eckhardt for three hours on Nov. 21 I reduced her needs

security does around campus.

At 9 a.m. Eckhardt and I attended a 15-minute fire extinguisher training class. After a quick video on fire safety, we went behind the parking lot where some of the people had the chance to experience the thrill of putting out a fire.

Once the class was over Eckhardt took me on a tour of the campus starting in the main building. The afternoon and night shift check the locked doors, ensure all the lights work properly and keep their eyes open for any crime and or suspicious security service requests.

Moving along we headed to the wastewater building. Barb Eckhardt and I were assigned to make safety pat-downs while leaving the building any time.

We then returned to the main building to check the second floor.

Once the second floor route was complete, we reached the recreation centre.

Continuing the route we toured the restaurant built just behind the Early Childhood Centre. "When you see the EOC it means you're almost done the route," said Eckhardt.

The security tour ended at the poolhouse.

This route is done five times a day, every day and your speed during the after noon and night shifts. The tour can take you in two hours regardless of weather conditions.

Security is open and full-time. Eckhardt's day, 360 days a year.

Not only does the security team take the school to heart, there are also dozens of security services across the campus. The services are more than just the office.

With one-to-one walk-up, open security cameras and constant radio contact, the security department is



Figure 10: Security guard

Some members of Conestoga's security team take turns providing training and a fire outside Nov. 27 as part of their fire extinguisher training class. Above, Barb Eckhardt, one of the security guards, takes her turn, putting out the fire successfully.



Figure 11: Security guard

Barb Eckhardt stands in the wastewater building as one of the security stops on the route around campus. It's called the 360-day tour.

working to keep the campus safe. If you are a security guard, wandering the halls, remember, but so far here. They are here to keep you safe and want to make themselves available, friendly and approachable.

The security services office can be found on the second floor in Room 2020-B.

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Figure 12: Security guard

Some three of the security team. From left: Mike Moore, Joseph Chalko, Brandon Smith and Barb Eckhardt.

THE GOOD, THE GREAT AND THE SPOOKY



PHOTO BY JESSICA WHITE

On Nov. 17, 2019, these five students became the first student ambassadors at Cosmo College. The new ambassadors are from left, Jesse Wilkins (freshman), Erin Westphalen (sophomore), Jessica White (senior), Linda Marquez (junior) and Ryan Morales (junior). They were accompanied with red jackets on a giveaway which will help identify them to the college community. The students will help market the school to prospective students, teachers and counselors by participating in, will represent the college at special events and will participate in projects where they will talk about their personal college experience.



PHOTO BY JESSICA WHITE

Cosmo College is expanding what was exclusively dormitory in March 2019. The renovation will include new equipment, a private women's lounge and a top-of-the-line kitchen. It will be upgraded to the current state and making 1400 renovations were to be completed by end December.



PHOTO BY JESSICA WHITE

Don't miss a day of your working technology student at Cosmo College. The student will be working on a technology project in the laboratory of technology to the top of the line at the end of the year. The student will be working on a technology project in the laboratory of technology to the top of the line at the end of the year. The student will be working on a technology project in the laboratory of technology to the top of the line at the end of the year.



PHOTO BY JESSICA WHITE

Lights give off an eerie glow to the forest at Cosmo College. Newly visited during daylight hours, the eerie scene is fully witnessed by Cosmo students.